

Wrist Range of Movement Exercises

This sheet is to help you maintain or regain range of movement in your wrist. Some exercises are done using your own muscle power (active), and others are done using your opposite hand to stretch the affected wrist (passive). You should start off with a few repetitions of each, 2 to 3 times a day, and build up as you gain flexibility. These exercises may cause a muscle fatigue or aching sensation, or they may produce a stretching feeling if your wrist is tight. They should not cause any sharp or lasting pain, so if this is occurring, please contact us.



Active Wrist Flexion (Bend Back). These movements should be slow and steady, avoiding muscle shake if possible

Using your muscle strength, slowly bring your wrist back as far as it will go, and hold for five seconds. You can try this with your fingers bent or straight.



Active Wrist Flexion (Bend Forwards). Now slowly lower your wrist to bend it as far as it will go. Hold for 5 seconds, and then slowly return to position in exercise 1. Repeat from one position to another.



Active Supination -Palm up. Tuck your elbow in, by your side. With no movement at the elbow, turn your palm up to face the ceiling. Hold for 5 seconds.

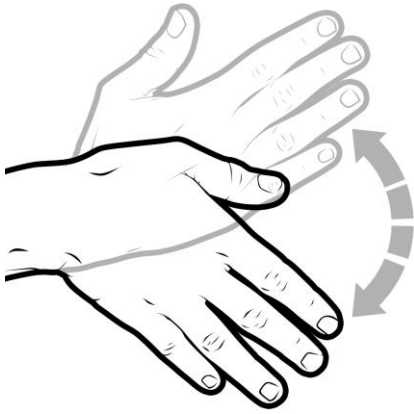


Active Pronation – Palm down. In the same position, again keeping your elbow tucked in by your side, turn your palm to face the floor. Hold for 5 seconds.

Return to position in exercise 3, and repeat.



Dart Throwers Motion. This exercise moves the wrist in a diagonal direction. Start in a position as if you were about to throw an imaginary dart, and slowly move the wrist through this movement, finishing with the release of the dart (third picture). Reverse the movement, to return slowly to the start position and repeat.

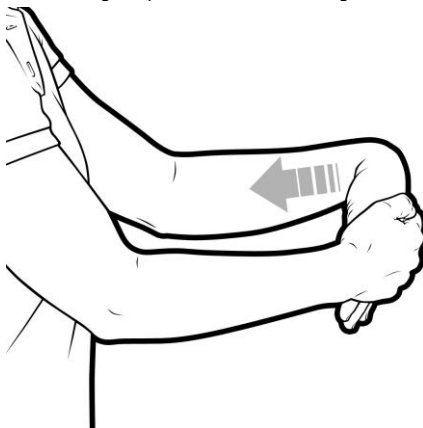


Deviation – Side to Side. Keeping your forearm still, move your hand from one side to the other, slowly.



Passive Extension. Use your other hand to gently stretch your affected wrist into a bent back position. You can also try this in a 'Prayer stretch' position, as in the picture.

Hold in a comfortable but stretched position (just behind any pain, not into it) and hold for 20 to 30 seconds. Release and relax, then repeat.



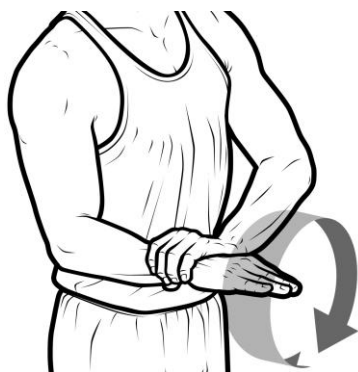
Passive Flexion. Use your other hand to gently stretch your affected wrist into a bent forward position.

Again, hold in a comfortable but stretched position (just behind any pain, not into it) and hold for 20 to 30 seconds. Release and relax, then repeat.



Passive Pronation. This time, use your other hand to stretch into a palm down position. Again you could also use a magazine, water bottle, hammer or weight gripped in your fist, to produce the stretch.

As before, hold in a comfortable but stretched position (just behind any pain, not into it) and hold for 20 to 30 seconds. Release and relax.



Passive Supination. This time, use your other hand to stretch into a palm down position. Again you could also use a magazine, water bottle, hammer or weight gripped in your fist, to produce the stretch.

As before, hold in a comfortable but stretched position (just behind any pain, not into it) and hold for 20 to 30 seconds. Release and relax.